Watch Your Diet

lating to exercise and health.

these are a natural spring tonic.

When we meet a neighbor or friend the popular topic of conversation is,

So many of us have been so ar-

dent in our search for beauty that

dent in our search for beauty that we have gladly fasted from all the goodles FOR AWHILE that our eyes have feasted on and then have returned to the table with a more formidable appetite. Now let us be more rational in this matter. It does not depend so much upon the quantity of the food you eat as what you eat and how you masticate it. Soft, highly flavored foods lead directly to the twin sins of bolting our food and overeating.

Remember distinctly that Beauty and Health go hand in hand. The clear complexion and the sparking eyes of youth can be ours as long as we do not burden our system with more work than nature intended.

On the other hand, many people think they are going on a diet when they fast. But going on a diet means to select the right kind of foods for your particular case, and the timgsof

starches and sugar.

'Are you on a diet?"

To Avoid Summer's

Rich Foods Increase Weight

Dangers to Health

And Menace Good Complexion

Doris Doscher, the noted Health and Figure Improvement Expert,

Miss Doscher, adjudged by experts to have a perfect figure, posed

has been specially engaged by The Evening World to write for its

for the figure on the new quarter and for many noted pieces of sculp-

ture. She is also a lecturer for the Board of Education on subjects re-

By Doris Doscher.

STOP: Look! Listen! This familiar signpost of danger meets us at

foods like rich pastry, foods fried in deep fat, red meat and excessive

LOOK to the vegetables from which we obtain the rich mineral saits, as

LISTEN to the "still small voice" of nature when she bids you come

her into the great outdoor 'neath a shady tree or by a cooling stream.

women readers. She will answer questions relating to her articles.

"Nagging Woman More Harmful Than Vamp And Can't Be Cured!"

"The Bigger the Man the More He's at Her Mercy," Author Says

C. Kay Scott, Who Wrote a Book Around a "Nagger," Has Specially Studied the Type in Many Countries and Places the Blame on "Weakness,"

By Marguerite Mooers Marshall.

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HE nagging woman does more harm than vamps, lady murderesses and all other unpleasant females put together. I have encountered her in every country I ever visited in fifteen years of almost complete travel, including six journeys around the world. Many years of fascinated observation have convinced me that any one is a fool who submits to the devastating influence of the nagging woman. It is spiritual suicide. I personally wouldn't live with her fifteen minutes. I have seen, in the course of my life and travels, sickness, sorrow, murder, suicide, insanity, death and a few other beautiful results of nagging!"

The broadside is launched by C. Kay Scott, novelist, essayist, editor, critic and globe trotter, whom I asked to tell the truth, the whole truth and nothing but the truth about the nagging woman. The reason I went to Mr. Scott, a New Yorker, now cozily domiciled in 'a charming cottage among the pines of Buzzards Bay, -Mass., is because in his recently published clever first novel, "Blind Mice," he has drawn perhaps the most perfeet type of nagging woman to be found in fiction. His Nannie Merwent is an exact illustration of Henry James's definition of realism: "The individual caught in the fact."

Therefore, I thought that this tall, athletic man of letters, with the piercing blue eyes that are such a contrast to his deeply tanned, rugged face, might be able not only to define our prize domestic pest, but might-just possibly-suggest some methods of controlling or circumventing her.

"I want to put myself on record at the very beginning," Mr. Scott assured me, in his slow, softly modulare with the full approval of the villated voice, "as NOT saying that all large or tribe, but an old chief once confided to me that since he could women nag. All weak persons are naggers in one way or another. It is the eternal resource of inferiority, the eternal resource of inferiority, so that he took shuff insome men nag, and I hate a male slead for his nerves.

"The reason that there is no man sured me, in his slow, softly moduagger worse than a female nagger.

"The reason that there is no way of successfully combating the nagger is that any particular overt act or nagger worse than a female nagger.

usually hates the people she most word of hers that may be made an admires. She welcomes trouble be-issue of a so instanticant in comcause it brings HER into notice. She tarison to the reaction of the victim that he is unable to justify his anger cause it brings HER into notice. She expects to receive in exactly the same of other remedial attempt and flads poportion that she falls to give. She himself technically in the wrong, because herself because the object of cause he cannot convincingly link up self-depreciation is twofold: First, with an apparently very small thing to disarm others by throwing your-self on their mercy; second, to bolster of which it is a single step. He conself on their mercy; second, to bolster of which it is a single step. He conself on their mercy; second, to bolster of which it is a single step. to disarm others by throwing yourself on their mercy; second, to bolster
up your self-respect by compelling siders that he has been harsh unjust
then to deny your shortcomings. The
sade principle underlies the fact that
it always gives the weak person the
greatest delight to discover in others
the faults of which she is most conscious in herself. Consequently, she
continually brings out the worst in
others, rather than the best. And so
the janging goes on until the selfrespecting party wishes to commit
murder."

"Is the narger born or made."

I state rightness and feedsah programme
of which it is a single step. He considers that he has been harsh unjust
that he must endure an extra amount;
of nagging to soothe his conscience.
So the game goes merrily on.

"Eve." finished Mr. Scott, "s said
to have nagged Adam into eating an
others, rather than the best. And so
the janging party wishes to commit
murder."

Apparently, however, he has dark
anspicious! And so have I!

"Is the nagger born or made?" I "Both!" he answered promptly.
"Born that way, and encouraged by
the experiences of childhood. Nagging is the device of the weak, and
when it succeeds it gives the child a

taste of power. She has produced a result. So she does it again.

"As she grows older, she hopelessly attempts to retain by the use of threats and persecutions the attenof her attractiveness. And the longer she is married, the more she counts on the inconvenience and embarrass. things!"

Everybody is helpless," he obuntil they are ready to break away forever, anything in the world seems a annil sacrifice for the sale of peace. During my limiting trips in Africa 1 feared mosquitoes and vermin more han lions, elephants of pythons.

More he is at her movey. He is out of his element because little ratures cope with petty problems better than

tionalities and their respective re-colours to the narger. I suggested that possibly the Englishman, with this legal permission to bent his wife provided the stock be no begger suburb, where an important battle of

unicaed in British sponse. "He is a copressed, and so the stings



Can You Beat It! 1921 Converted to 1921 of the Price Price Principle Con Converted to 1921 of the Price Pric

By Maurice Ketten













The Jarr Family

By Roy L. McCardell

ieto taking the defunct victim's place. Some savage husbands execute

er with the full approval of the vil-

WHAT Do You?

Congrigat, 1921, by the Press Publishing Co. (The Now York Develop World) QUESTIONS.

1. In what European country is Toledo, where sword blades famous take care of the children, take care of for their fine temper were originally

strength irritates her she was And so 3. From what country anything e'se more easily. And so United States purchase the tract of land called the Gadsden Purchase? nants?
3. From what country did the Who was the most famous Eng-

population when New York forged

ANSWERS.

but the death of the nagget. William; 5, lizard;: 10, Virginia.

Congrigar, 1921, by the Price Publishing Co. (The New York Evening World.)

Fills," said Mr. Jarr, "that's Mrs. Jarr upon the scene, with Gera nice way for you chill trude, the maid as been n nice way for you chil- trude, the maid, as reserves.

It being finally decided that Willie had "no right" to cut the heads off

little thing for me I never hear the Dayton in case of rain. last of it? said Mrs. Jore. "Do you over think of the mousard and one

Society Notes By Neal R. O'Hara

Copyright, 1911, by The Pross Publishing Co. (The New York Evening World).

DEFORE Congress votes 82 and nine zeroes to the boys who won the war, some sapient sappo from Yazoo Valley insists on a pure news law. If the papers print stuff with a high bunk percentage, Old Sappo wants it stated right on Page One, like benzoate

The Housewife's Scrapbook

you can go and set more."

Tiddn't want the advertisements," late World War. She served on six traced alien enemies to New York was love at first sight. He was able from her pamphlets.

The sounding of the riot call brought

The sounding of the riot ca

on the inconvenience and embarrass ment it would mean to her husband to leave her. Likowise, he less astanged in the various courts, is almost inconvenience and embarrass, ment it would mean to her husband who equally also asked them why they harmless pleasures and friendships because of domestic name with surface and intellectual vikor to give up perfectly harmless pleasures and friendships because of domestic name with the said her brother. The other harmless pleasures and friendships because of domestic name with the said her brother. The way to the proper authorities and friendships because of domestic name with the said her brother. The said her brother is the beats off the wards will be domestic name with the said her brother. The said her brother is finger. The said her brother is finger. The said her brother is fingers at the story house of the said her brother. The said her brother is fingers at the story house and the said her brother. The said her brother is fingers at the story house and the story house and the story house and the said her brother. The said her brother is fingers at the story house and the story of the story of the story house and the said her brother. The said her brother is fingers at the story house and the story of the story o

of my way to call at the summer restretched from New York to Dubuque, sponsible for two of the Liberty into love as the stranger progressed due to dead due to deep to deep to and sort information bureaus for them."

The old adage, "Spare the rod and from hangover to hangover. The en-Miss Hamm belongs to one of the gagement was only a matter of time cuse offered by many a parent or a "Spare the rod and save the child." so far as Mrs. Hamm was concerned.

Mr. and Mrs. T. Dodge Swift have closed their town house for the summer and have gone to the country for a rest. Mr. Swift, or N. G. as he is known in credit circles, needs the to get same summer resert printed Stocks were out is no indication run until dry rest. Most of the past of the first it is useless. As long as "When I did being them home you the insulation is not impaired the reThe shells with cold water before retirement. Mrs. Dodge-Swift has been in semitive and the insulation is not impaired the retive shells with cold water before retirement. Mrs. Dodge-Swift has been in semitive and the insulation is not impaired the retive shells with cold water before retirement. Mrs. Dodge-Swift has been in semitive and the insulation is not impaired the retive shells with cold water before retirement. Mrs. Dodge-Swift has been in semitive and the insulation is not impaired the retive shells with cold water before retirement. said you had made up your mind to go to Atlantic City, suggested Mr. frigerator will answer its purpose To larr mildly.

"I did not!" said Was that looking over those ad.

The said that if you thoroughly wet Dodge-Swifts have been in semi-seminated the results of the shells with cold water before retirement. Mrs. Dodge-Swift has boding eggs they will not crack.

It is said that if you thoroughly wet Dodge-Swifts have been in semi-seminated the results of the shells with cold water before retirement. Mrs. Dodge-Swift has your love affairs. No. X. Y. Z., it is NOT. Do not been at home to bill collectors and she has been obliged to decline.

The said was that looking over those ad.

The said that if you thoroughly wet Dodge-Swifts have been in semi-seminated the results of the shells with cold water before retirement. Mrs. Dodge-Swift has your love affairs. No. X. Y. Z., it is NOT. Do not out this way. ish actor of the eighteenth century?
5. What is the State flower of North Dakota?
6. Of what city is Germantown a suburb, where an important battle of that name was fought in the Revolutionary War?
7. What Roman emperor is said to have been a giant nearly nine feet tall?
8. What is the State flower of the eighteenth century?
1. Idd not!" said Mes. Jirr "What is filled with the refrigerator when it is filled with the registers below forty or a glass receptable rinse latter with that, after reading about the mointy even forty-two it is the proper tembers to preserve food. It is well to test a refrigerator in this way when purchased, as an imperfectly into the state of the country their perature to preserve food. It is well to test a refrigerator in this way when purchased, as an imperfectly into the state of the country their perature to preserve food. It is well to test a refrigerator in this way when purchased, as an imperfectly into the state of the country their perature to preserve food. It is well to test a refrigerator in this way when purchased, as an imperfectly into the surface of the country their perature to preserve food. It is well to test a refrigerator in this way when purchased, as an imperfectly into the winter of an egg before of the doors, selected by the land-off the country their perature to preserve food. It is well to test a refrigerator will semetime to the country their perature to preserve food. It is well to test a refrigerator with a new set of pair to the winter of the doors, selected by the land-off the country their to the surface of the country their to the

hattan's smartest set will spend the make it small, woman recommends touch water on. Clean potent leather shoes with perfume for this purpose. There is milk. First remove all dust, then rule summer season visiting various "X, Y. Z." writes: ANSWERS:

there—excursion crowts—are whill perfume for this purpose. There is milk First remove all dust, then rub summer season visiting various perfumes sweet tenses. It is not never to be sufficient to exciting and interesting and inte

NORMAL MENU Breakfast. Stewed prunes.
ice whole wheat bread.
One pat butter.
Two eggs. Luncheon. Two glasses of milk.
Three slices of whole wheat
bread.
One pat butter.
A green salad with nut butter
dressing.

Dinner. Broiled fish.
Creamed onions or young carrots.
Two slices of whole wheat on bran gems. One pat butter. Rice pudding.

your particular case, and the time of the year and the kind of occupation in which you are engaged must all be taken into consideration. I have known of many cases where the persons have become ill because they have not used intelligence in the selection of a diet.

Every woman has set up for herself her own "Beauty ideal," but realizes to her disappointment that she is either overweight or cise far below the normal. The correcting of this is a certainty provided she is conscientious and keeps strictly to her diet.

At another time I will suggest to you what means to employ either to normal, but to-day I will give you just one day's menu suitable to this season of the year for the person of normal, but to-day I will give you just one day's menu suitable to this season of the year for the year for the year for the year for the person of normal, but to-day I will give you just one day's menu suitable to this season of the year for the year for the y

Spare the Rod

By Sophie Irene Locb

ECENT cases have come before guardian, when he attempts to cor-RECENT cases have come before the public of cruel child beat.

Ing. One man has been sentenced to death for leiling his little one in this way, and a stepmother than been charged with the most cruel treatment of a five-year-old girl who was taken into court, her frail body

a mass of bruises.

I do not think the law is sovered enough for such people who practise cruelty to children. There is no greater crime, in my eyes, than the strong taking advantage of the weak strong taking advantage of the weak

toward the defenseless wee ones, as a beating. recorded in the various courts, is al- mon thing.

And I am sorry to say that many I would make the pun shment so per when he goes after a child with severe that those who would mai- a whip.

treat a child would think twice byfore doing so.

The inhumanity of some people the children have never experienced

Courtship and Marriage By Betty Vincent

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have been a grant nearly nine feet that tail?

8. What was Cladstone the famous English statesman's first name?

9. To what republian family does the flags smaller being as smaller being as smaller being and the objectionable of the complete article.

10. Which State had ranked first in population when New York forged in the househalk the rowels about the formula family does the flags smaller being and the flags and the flags and the flags and first in population when New York forged about of the noise, the crowds should be therefore a first of the white of an egg before the virilant eye of the inspectations, old-tash-tors, and merchants will shell you will secure double the casily as possible during the sumble during the

kindly let me know through your

No. X. Y. Z., it is NOT. Do not chittle your love affair by starting

Dear Miss Vincent:—I have been going with a young man for-about eight months. He will be eighteen and I will be seventeen very soon and our birthdays come on the same day. Please tell me what to give him for a present. He does not smoke, so do not mention a cigarette case or any-

About the most appropriate thing is a good book. Neckties, stickpins and things of that sort are not the thing to give a young man you have known so short a time. Get "Main Street" or some popular novel, a good biography or some book on travel. If he is interested in any special subject such as engineering or wireless, then get him a book upon that subject